

DR. LINUS PAULING'S SUPER-VITAMIN PLAN TO ADD 25 YEARS TO YOUR LIFE



Y By Michael Chrismartin
OU can add 25 years to your life by taking extra vitamins and other nutrients, says one of the world's most distinguished scientists.

Two-time Nobel Prize winner Dr. Linus Pauling has devised a radical new daily dosage of supplements — much larger than the present recommended amounts — which, he says, will add years to anyone's life.

And the good news for cigarette smokers is that even they can benefit from this easy-to-follow plan.

"By the proper intakes of vitamins and other nutrients, and by following a few other healthful practices from youth or middle age on, you can extend your life and years of well-being by 25 or even 35 years," says Dr. Pauling, author of a new book, *How to Live Longer and Feel Better* (W. H. Freeman and Company).

Dr. Pauling claims there has been a revolution in the understanding of diet over the past 20 years.

"This revolution — the new nutrition — is occurring through the discovery of vitamins and other essential nutrients, and the recognition that the intakes that provide the best health are often far larger than the usually recommended intakes," he says. "The intakes are so much larger that they can be obtained only as nutritional supplements, not in any diet involving ordinary foods."

Dr. Pauling, a robust 85-year-old, has developed what he calls his 12-Point Live Longer Plan:

1. Take vitamin C every day, 1,000 milligrams to 18,000 mg. a day or more. Do not miss a single day. Work your intake of vitamin C up gradually until it has a laxative effect, then cut back to a level where you don't experience the laxative effect.

**To maximize your health
— and your lifespan —
you'll have to take a lot
more vitamins and min-
erals than the usually
recommended dosages,
says Dr. Pauling.**

2. Take 800 international units (IUs) of vitamin E every day.

3. Take one or two super-B tablets every day to provide the following amounts of B vitamins: thiamine (B-1), 50-100 mg.; riboflavin (B-2), 50-100 mg.; niacinamide (B-3), 300-600 mg.; pyridoxine (B-6), 50-100 mg.; cobalamin (B-12), 100-200 mg.; folacin (folic acid), 400-800 mg.; and pantothenic acid, 100-200 mg.

4. Take 20,000 to 40,000 IUs of vitamin A tablet daily.

5. Take a mineral supplement every day, such as one tablet of the Bronson vitamin-mineral formula which provides 100 mg. of calcium, 18 mg. of iron, 0.15 mg. of iodine, 1 mg. of copper, 25 mg. of magnesium, 3 mg. of manganese, 15 mg. of zinc, 0.015 mg. of molybdenum, 0.015 mg. of chromium and 0.015 mg. of selenium.

6. Keep your intake of ordinary sugar (sucrose, raw sugar, brown sugar, honey) to 1 lb. a week, which is half the

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present U.S. average. Do not add sugar to tea or coffee. Do not eat high-sugar foods. Avoid sweet desserts. Do not drink soft drinks.

7. Eat what you like — except sugar — but not too much of any one food. Also, you should eat some vegetables and fruits. But don't eat so much that you become fat.

8. Drink plenty of water every day.

9. Keep active; exercise, but don't exert yourself physically far beyond what you are accustomed to.

10. Drink alcohol in moderation.

11. Do not smoke cigarettes.

12. Avoid stress. Work at a job that you like and try to live a happy family life.

“The great advantage of this regimen over other proposed methods of prolonging life and improving health is that it is firmly based on the new science of nutrition developed only during recent years,” explains Dr. Pauling, who emphasizes that you must stick to his vitamin-mineral regimen day after day, year after year.

“These vitamin-mineral supplements, which can mean the difference between ordinary poor health and really good health, need cost you only as much as one small chocolate bar. The four tablets I take daily, plus the 18 grams of vitamin C, cost me, by mail order, 44.4 cents a day.

“To secure my recommended intakes of supplementary vitamins and minerals, I take only a few teaspoons of pure crystalline ascorbic acid and four tablets a day — one 800 IU vitamin E capsule, one super-B tablet, one vitamin and mineral tablet and one 25,000-IU vitamin A capsule. I take them in the evening.

“I take my vitamin C in the morning before breakfast, 12 grams — that's three level teaspoonsful of pure crystalline ascorbic acid, either dissolved in orange juice to buffer it or in water with a small amount of baking soda

added to buffer it, resulting in an effervescent drink.

“I usually take another 6,000 mg. of vitamin C or more in powder form mixed in drinks or in one-gram tablet form during the day, whenever I think about it or whenever I feel tired.

“The only way to obtain the amounts of vitamins that put you in the best of health is to take vitamin supplements. To obtain the 18,000 mg. of vitamin C I take in each day, I'd have to drink more than 200 glasses of orange juice.

“In general, the sensible way to buy vitamins is to check the prices and to buy the cheapest. There is little or no value in paying extra for names that have little significance, such as rose hips vitamin C, which is ordinary vitamin C with a little rose-hip powder added, chelated vitamins and minerals, or so-called ‘natural’ vitamins. Also, brands prescribed by a physician may cost four times as much.”

As for other aspects of his diet, Dr.

Pauling says: “I think, for the most part, you should eat what you like, rather than try to follow a restrictive diet you have trouble conforming to and that does not add to your pleasure.

“Eat foods you like — except high-sugar foods — but do not eat such large amounts as to make you overweight.

“It is a good idea not to eat large amounts of meat. Just a quarter-pound of meat provides 25 grams of protein, about half the recommended amount per day.

“It's a good idea to include fruits and vegetables in the diet.”

Dr. Pauling also recommends a varied diet.

“Although it is believed that the most important essential nutrients for humans are known, there is still the possibility that some have remained undiscovered,” he says.

“For this reason, I believe that everyone should eat a balanced diet, with good amounts of green vegetables, well prepared and fresh fruits, such as oranges and grapefruit.

“No matter what your present age is, you can achieve significant benefit by starting the regimen now,” says Dr. Pauling.

“Older people can benefit greatly because they have special need for optimum nutrition. I started this regimen at age 65, and I believe I'm adding 25 to 35 years to my lifespan.

“If a smoker follows this regimen but keeps on smoking, he'll probably live 25 to 35 years longer than he would if he didn't follow the regimen,” says Dr. Pauling.

“The other 11 recommendations are just as good for smokers as for non-smokers. That doesn't mean they will live as long as non-smokers. Unless a smoker becomes a non-smoker, he will always lag about eight years behind the non-smoker on the same regimen.”

Other doctors say Dr. Pauling's revolutionary plan is safe — although they are less certain about the results.

Dr. Robert Good, professor and chairman of pediatrics at the University of South Florida in St. Petersburg, backs Dr. Pauling: “I think his recommendations are safe doses for healthy adults.

“Pregnant women shouldn't take more than the recommended daily allowance of 5,000 IUs of vitamin A because of a possible danger of birth abnormalities. And children shouldn't take more than 1,000 to 2,000 mg. of vitamin C daily.”

Dr. Roy Walford, a professor of pathology at UCLA Medical Center and author of the book, *Maximum Lifespan* (Avon), also agrees that calorie restriction, the proper intake of vitamins and minerals and the plan's other practices can help people live longer, healthier lives.

“I agree with Dr. Pauling that the recommended daily allowance for vitamin C is much too low,” he says. “But I question his recommendation on ultra-high doses of vitamin C. There really isn't much evidence for how much vitamin C one ought to take.” □

from my OES friend
Katharine Ferry of Boring Oregon